



Tom Morgan Physio Solutions

Tom Morgan BSc (Hons) Physiotherapy | HCPC Registered | CSP Member

FREE PHYSIOTHERAPY RESOURCE

Falls-Risk Checklist

Use this printable resource as a quick reference during recovery or rehabilitation.

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Strength & Balance Guide

For the complete 230-page guide with 50 exercises across six progressive levels, plus falls-prevention, mobility, strength, balance and everyday-function guidance.

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FREE PHYSIOTHERAPY RESOURCE

Falls-Risk Checklist

A printable self-check to help identify reasons to seek further assessment.

This checklist can help you recognise factors that may warrant further assessment. It is not a validated falls-risk score and should not be used to diagnose your level of risk.

Falls history

- ☐ I have fallen during the last 12 months.
- ☐ I have fallen more than once during the last 12 months.
- ☐ I needed medical treatment following a fall.
- ☐ I have experienced a loss of consciousness associated with a fall.
- ☐ I have been unable to get myself up after a fall.

Walking and balance

- ☐ I feel unsteady when walking.
- ☐ I regularly hold furniture for support.
- ☐ I struggle when turning.
- ☐ I have difficulty on stairs.
- ☐ I feel particularly unsteady outside.
- ☐ I have started restricting activities because I am worried about falling.
- ☐ I have noticed my walking getting worse.

Strength and function

- ☐ I find it difficult to stand up from a chair.
- ☐ My legs feel weak.
- ☐ I struggle getting up from the floor.
- ☐ I have become less physically active.
- ☐ Everyday tasks feel harder than they used to.

Dizziness and health

- ☐ I experience dizziness or light-headedness.
- ☐ I sometimes feel faint when standing up.
- ☐ My vision is affecting my confidence.
- ☐ I urgently rush to the toilet and worry I may fall.
- ☐ I take several medications and have not had them reviewed recently.



- ☐ A health condition is affecting my walking or balance.

Your home

- ☐ There are loose rugs or trip hazards.
- ☐ Walkways are cluttered.
- ☐ Lighting is poor in areas I regularly use.
- ☐ I have difficulty getting in or out of the bath or shower.
- ☐ I have difficulty using the stairs.
- ☐ I regularly walk around in unsuitable or poorly fitting footwear.

What should you do next?

If you have fallen, are becoming increasingly unsteady or recognise several of these issues, consider discussing them with an appropriate healthcare professional.

Exercise matters: Falls-prevention exercise should be progressive and appropriately tailored, with attention to balance, coordination, strength and power.

Need somewhere to start?

The Strength & Balance Exercise Guide provides a structured collection of exercises designed to help older adults work on strength, balance and functional ability.

Important: Seek medical advice following unexplained falls, loss of consciousness, significant injury or a sudden deterioration in balance or mobility.



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Physiotherapist-written recovery and rehabilitation guides

WANT THE COMPLETE RECOVERY RESOURCE?

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